

NORTHBOROUGH TIMES

NORTHBOROUGH SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 6, NO. 5, MAY 2019

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Events this Month!*

SEE PAGE 4 FOR MORE DETAILS.

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DIRECTOR'S CORNER:

There's no better way to celebrate Older Americans month than participating at the Senior Center! We've got a full schedule so check out this issue to see what we have to offer. We look forward to seeing you at the Friends' Annual Membership Meeting on May 20. We are very fortunate and grateful to have such a supportive Friends group that fundraises to provide the Senior Center with items not in the Department's budget. Happy Mother's Day to all the Moms-enjoy your special day!

Kelly Burke



119 Bearfoot Road Northborough, MA

(Handicapped Accessible)

Phone/After Hours Answering Machine:

508-393-5035 • Fax: 508-393-1503

Web Address: www.town.northborough.ma.us

SENIOR CENTER HOURS:

Monday	8:00 AM - 4:00 PM	Wednesday	8:00 AM - 4:00 PM
Tuesday	8:00 AM - 8:00 PM	Thursday	8:00 AM - 4:00 PM
		Friday	8:00 AM - 12:00 PM

COUNCIL ON AGING MEMBERS

Chairperson	Adrienne Cost
Vice Chairperson	Jerry Anderson
Secretary	Linda Cragin
Members	Phylis Muthee, Tony Pini, Alice Stapelfeld
Liaison to Selectmen	Tim Kaelin
Liaison to School Committee	John Kane
Bay Path Rep.	Jarl Anderson
Director	Kelly Burke
Office Assistant	Nancy Dragon
Outreach Coordinator	Jocelyn Ehrhardt
The Bistro@119	Vickie Killeen, Carolyn Harrington
Program Coordinator	Terry Leo
SHINE Counselors	Pauline O'Bray, Susan Goellner

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FRIENDS of the
NORTHBOROUGH
SENIOR CENTER, INC.

ATTENTION FRIENDS OF THE NORTHBOROUGH SENIOR CENTER

You are cordially invited to the Friends of the Northborough Senior Center Annual Membership Meeting

Date: May 20, 2019 • Time: 1:00 PM

Place: The Northborough Senior Center

We invite you to take this opportunity to hear about everything the Friends' Board of Directors has accomplished and what will be happening in 2019. It is also time to vote for the new Board of Directors candidates.

We will be serving delicious refreshments.

Also, we are accepting your gently used jewelry for our cart.

Sincerely, *Anita Hagspiel, President*



**THE SENIOR CENTER WILL BE CLOSED
ON MONDAY, MAY 27 IN
OBSERVANCE OF MEMORIAL DAY.**

Our Mission – The purpose of the Friends is to financially assist the Northborough Council on Aging in providing programs and selective social services to the senior residents of Northborough and providing for the purchase of non-budgeted items for the Senior Center through membership dues, fund-raising events, grants, donations and corporate gifts.
www.friendsofnorthboroughseniors.org

YOU'RE INVITED

to join the Friends in support of Senior Center activities. Please use the form on this page. All seniors of Northborough and surrounding towns are welcome to take part in Senior Center activities, and all are welcome to visit at any time!

FRIENDS OF NORTHBOROUGH SENIOR CENTER, INC. MEMBERSHIP & DONATION FORM

Today's Date _____ Note: Membership renewal is due annually in January.

Name(s) _____

Address _____

Town, State, Zip _____

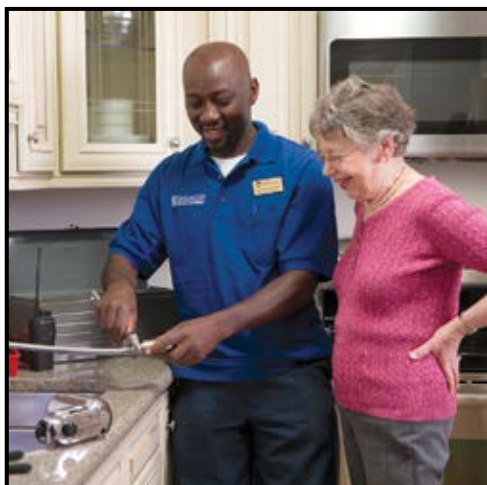
Phone _____ Email _____

☐ \$5 Individual ☐ \$10 Couple ☐ \$10 Non-resident INDIVIDUAL ☐ \$20 Non-resident COUPLE

☐ \$25 Family ☐ \$100 Life* per person

Optional Donation: \$25 — \$35 — \$50 — \$100 — \$150 — \$250 — Other —

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- WHITNEY PLACE Assisted Living and Memory Care
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Ice Cream Cones **\$1 A SCOOP**
ARE BACK! Chocolate, Vanilla, Strawberry



Tuesday Evening Menu & Entertainment Hours:
5:00 – 6:30 PM
Pre-reg. required only on nights with tickets. Tickets available at Front Desk.

- May 7** Salad, Italian Bread/Butter, Chicken & Broccoli, Penne Pasta, Garlic & Oil, Assorted Desserts
\$9
- May 14** Fruit Cup with Sherbert, Shaved Steak Bomb with Onions & Peppers & Provolone Cheese, Potato Salad, Ice Cream Sundae Buffet
Tickets \$12
- May 21** Vickie's Chicken & Cranberry Sauce, Baked Potato & Sour Cream, Cole Slaw, Rolls & Butter, Assorted Desserts
\$9
- May 28** BBQ Welcome to Summer Buffet! Hamburgers, Cheeseburgers, Sausage, Pepper & Onions, Assorted Summer Salads, Ice Cream Novelties Ticketed Event
Tickets \$12

Please note that our dinners are very popular. We almost always have a waiting list for our ticketed "Dinner and a Show". Therefore, tickets must be paid in full by the Friday before the event. That way, if your plans change, someone from the waiting list can use your tickets. Thanks, in advance, for your understanding and cooperation with this new policy!

SPRING CABARET SHOW (Bistro Dinner and a Show)

Day: Tuesday • Date: May 14
Time: 5:00 PM • Cost: \$12 Ticket includes Dinner
Pre-registration Required

The Southborough Senior Songsters and Northborough Harmonica Players will present a "SPRING CABARET SHOW". The show will feature music from Broadway and the Golden Oldies years.

The 25 member Southborough Senior Songsters have performed at senior centers, retirement and assisted living homes for more than fifteen years. The Songsters include many talented vocalists singing such songs as "Hello Dolly", "Ain't Misbehavin" and "Let There Be Peace On Earth". You will have the opportunity to sing along on many of the numbers.

The show will start following dinner. Please see above for menu description.

SAVE THE DATE

June 10, 2019 AARP Driving Course
June 17, 2019 RMV-License Renewal and REAL ID

Look for more information on both presentations in the June 2019 Newsletter

CHAT WITH THE CHIEF

Day: Thursdays • Dates: May 9 & 23
Time: 9:00 AM • Cost: Free
Pre-Registration Required

Join us as we welcome Chief Bill Lyver to the Senior Center for twice monthly visits. The Chief contacted the Senior Center because he'd like to meet with residents to share updates from the Police Department. He's also interested in hearing of your concerns or questions. There will be coffee/tea and pastries served.



IDENTITY THEFT & SCAMS

Day: Wednesday • Date: May 8 • Time: 11:00 AM
Presenter: Detective Michael D. Bisset
Cost: Free • Pre-Registration Required

Please join us as Detective Michael D. Bisset updates us on current scams and ways to avoid identity theft. Learn about recent scams and how to recognize the warning signs. Identity theft is a type of fraud that involves using someone else's identity to steal money or gain other benefits. Learn ways that you can protect yourself and guard against scams and identity theft! Sign up today!

BIRTHDAY LUNCH

Date: Monday, May 13 • Time: 12:00 PM
Cost: Free sandwich of your choice for Northborough seniors with May birthdays • Pre-registration required

Please join us for Birthday Lunch at the Bistro@119. If you are a town resident and have a birthday in May, the Friends will treat you to a lunch at the Bistro@119, which includes a sandwich of your choice, and of course, cake and ice cream. Even if you're not celebrating a birthday, we'd love to have you join the festivities. Please call the Senior Center at **508-393-5035** to make your reservation.

We mail out birthday coupons to Town Residents to be used the day of the birthday lunch at the Bistro@119. If you do not receive yours by the week before Birthday Lunch, please call us and pick up your coupon here.





SINGING IN ROUNDS

Day: Wednesdays • Through June 5
Time: 9:45 - 10:45 AM • Instructor: Manoj Padki
Cost: \$3/class • Pre-registration required

Please join us as we welcome Manoj and his new class. Singing in Rounds is one of the oldest forms of communal singing. As research keeps showing, there are countless cognitive, health and social benefits of singing - and, more specifically, engaging in singing with others. Come lift your voice and your spirits with this fun class!

VETS TALK

Day: Wednesday • Date: May 1, 15, 29
Time: 9:00 AM • Cost: Free • Leader: Mike Walling

A program for Veterans. Please join us at the Senior Center for talk, and coffee. Vets Talk is a chance for only veterans to get together to talk about what's going on in the world or anything else that comes to mind over coffee. There's no agenda or structure, just the opportunity to shoot the breeze in a way only those who have served can do and understand. Going forward, Vets Talk will be held every OTHER Wednesday which should make keeping track of the dates easier.

LEGAL CLINIC

Date: Tuesday, May 14 • Time: 12:00 - 1:00 PM • Cost: Free
Attorney: Aaron Hutchins • Pre-Registration Required

The Legal Clinic will be staffed by Attorney Aaron Hutchins. Call the Senior Center at **508-393-5035** to schedule your free 15 minute appointment to privately discuss any legal issue.

TUESDAY TRIVIA

Day: Tuesdays • Time: 1:00 PM • Cost: Free

Looking for a lot of fun while sharpening your mind? We've all heard how important it is to use the mind and continually challenge it. Being involved in leisure activities that help stimulate your brain can help you live a longer and happier life. Studies have shown that time spent stimulating the brain can help prevent dementia and Alzheimer's disease. Why not try Tuesday Trivia? Enjoy sharpening your mind in a non-competitive environment.

MANICURES/PEDICURES/REFLEXOLOGY

Days: Thursdays • Dates: May 2, 9, 16
Time: First Appt. is a 9:30 AM, Last apt. is at 3:00 PM
Cost: Price list at front desk • Technician: Veronica Thompson

Nail Services are NOT just for women. Veronica will do a Man-Mani and a Pedi-Man too! Take care of your hands and feet and they will take care of you. Veronica is Diabetic and Cancer skin trained. Reflexology is a gentle thumb and finger acupressure that triggers the body's immune system to kick in and heal itself. Reflexology is great for pain relief and can be done on hands, feet, face, and ears - One area or all areas. Gift Certificates and retail items available.

MASSAGES BY MELANIE

Day: Mondays • Time: First Appt. is at 9:00 AM,
Last apt. is at 2:30 PM • Therapist: Melanie Railing
Cost: Varies by service/Price list at front desk/Call for more info

Do you have muscle tension or stiffness? Do you want to stimulate the circulation of your blood and lymph fluids and increase your joint flexibility and range of motion? Massage therapy can help you with this and so much more! Melanie is a Licensed Therapeutic Massage Therapist with over 25 years of experience offering both chair and table massages. Please call the front desk, **508-393-5035** for more information and to schedule your relaxing massage.



UNPARALLELED COMFORT AND CONVENIENCES

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ENGLISH AS A SECOND LANGUAGE - INTERMEDIATE

No Classes in May

MAH JONG (CHINESE VERSION)

Day: Thursdays • Time: 10:30 AM – 12:00 PM

Cost: Free • Instructor: Charlotte Holly

If you know how to play, join us on Thursdays at 10:30 AM to play. If you would like to learn how to play, please see the article on "Learning How to Play Mah Jong" in this issue so we can set up a training. Charlotte was fortunate enough to meet a woman from China who taught her to play Mah Jong in the Chinese manner. She found it to be great fun. Since then, Charlotte has shared this knowledge with others and everyone seems to enjoy it. Anyone is welcome. If you have played gin rummy it is an asset, but not necessary. It is less complicated than the American version. So please drop by and check it out. You may discover a new pastime!

LEARNING TO PLAY MAH JONG

Are you interested in learning to play Mah Jong (Chinese Version)? Please let us know so that Charlotte Holly can contact you and set up a training.

SPA SERVICES

Day/Date: Wednesday, May 22

The first appointment is at 10:00 AM;

the last appointment ends by 3:00 PM

Appt. required • Esthetician: Bonnie Leigh

Cost: See the menu of services at the Senior Center

Gift certificates for Spa Services are available at the Senior Center.

Create your own hour of bliss in the privacy of our spa room right here at our center. Get comfy and let our skin care expert, Bonnie Leigh relax and beautify you with her gentle, healing touch and 30 years of experience.

Possibilities include: Hydrating face mask, face, neck, and shoulder massage, Reiki, warm hand mitts with massage, brow shaping, facial hair removal with gentle wax, aromatherapy warm facial towels

LOW VISION SUPPORT GROUP

Day: Thursday • Date: May 9 • Time: 1:00 PM • Cost: Free

Leader: Agnes Sagerian

Do you have vision loss of any kind? Please join us for a presentation by Meg Robinson of the Massachusetts Commission for the Blind who will talk about the white cane and how to use it. Please contact our coordinator, Agnes Sagerian at **508-393-8353** with any questions. We welcome you to join our group.

VOLUNTEER OPPORTUNITY

BayPath Elder Services' Long Term Care Ombudsman Program needs volunteers to visit Long Term Care facilities to make sure residents are getting the care and service they expect. Volunteers work with residents, staff, and families to achieve this end. The initial time commitment is a three day certification training, then up to two hours a week in the nursing home. Also there is a monthly volunteer meeting to discuss issues and best practices. Call Mary Brooks, Ombudsman Program Director at **508-573-7200 X235** to arrange an interview and learn more about this great opportunity.

TRIPS

Below is a list of our trips for 2019. For full itineraries, please visit the Senior Center or our page on the Town of Northborough website. Please make checks payable to the Northborough Senior Center.

BEST OF TIMES TRAVEL - DAY TRIPS

**Diamond's & Pearls, Cash & Kings Tribute Show
Tuesday, August 27, 2019**

Lake Pearl, Wrentham, MA / \$94 pp

**New Hampshire's Turkey Train
Friday, October 11, 2019**

Meredith, NH / \$101.95 pp

BEST OF TIMES TRAVEL - OVERNIGHT TRIPS

**Bermuda Cruise aboard
Norwegian Cruise Line Gem
May 10-17, 2019
(8 Days/7 Nights)**

Round Trip from Boston.
Starting at \$1599 Double
Occupancy (inside cabin)



**The Boston Red Sox vs. The New York Yankees
with New York City Tour
August 3-4, 2019.**

\$399pp Double Occupancy / \$499 Single Occupancy / \$389pp
Triple Occupancy / \$379pp Quad Occupancy

**The Common Man - N.H. Getaway
October 3-4, 2019 (2 Days/1 Night)**

Plymouth, N.H.
\$349pp Double Occupancy / \$449 Single Occupancy

**PENN Dutch Country's Miracle of Christmas
December 3-5, 2019 (3 Days/2 Nights)**

Pennsylvania. \$459pp Double Occupancy / \$559pp Single Occupancy

**Beat the Mid-Winter Blues Cruise featuring
The Sicilian Tenors. Southern Caribbean Cruise from NY
February 14-24, 2020 11 days/10 nights**
See pricing/cabin options on the Town website

AAA TRAVEL - OVERNIGHT TRIPS

**Tuscany & The Italian Riviera
June 21-28, 2019 (8 Days)**

Round Trip from Boston

**Greece & Its Islands
October 1-12, 2019 (12 Days)**

Round Trip from Boston. \$4549pp Double Occupancy



OUTREACH NOTES

Connect, Create, Contribute is this year's theme for Older American's Month observed each May. The Administration for Community Living (ACL), the agency that coordinates the annual observance, is encouraging older adults and communities to **connect** with friends, family and services that support participation, create by engaging in activities promoting learning, health, and personal enrichment and **contribute** time, talent and life experience to benefit others. All that is observable on any given day at the Senior Center.

This theme is integral to the Senior Center. Many of the Center programs and services are dependent upon the input and expertise of older participants, instructors and volunteers. The Senior Center involvement in DayBreak, a weekly social day program for people with cognitive difficulties, and Diversity Through Collaboration for LGBTQ and their allies are concerted efforts to create a more welcoming and connected community that offers opportunities for enrichment and contribution. The Senior Center is not the only option for older residents to Connect, Create, Contribute. The Outreach Department is available to help people on a one on one basis consider other opportunities.

The benefits of Connect, Create, Contribute are evidenced at the Senior Center regularly. Communities that embrace this concept are similarly strengthened. This is a concept worthy of appreciation and integration throughout society, all year.

*Jocelyn Ehrhardt, MSW,
Outreach Coordinator*

I can be reached at 508-393-5035

BAYPATH ELDER SERVICES, INC.

BayPath provides an array of services and programs for older adults, caregivers, and persons with disabilities to support their independence and dignity. Some programs have eligibility criteria, such as age, need, income, and/or insurance. To find out more, please visit our website www.baypath.org or call **508-573-7200** and ask for the Information and Referral Department.

FREE BLOOD PRESSURE CLINIC

Tuesday, May 7 at 1:00 PM

Where: at the Senior Center Cost: Free

FREE HEARING CLINIC

Date: Wednesday, May 8

Time: 12:30 - 1:30 PM

Appt. Required

HIGH PRESCRIPTION DRUG COSTS?

PRESCRIPTION ADVANTAGE MAY HELP!

Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. It also allows qualified applicants to join or change their Medicare drug plan or Medicare Advantage plan. Eligibility is based on income only and there is no asset limit!

Who can join?

For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are:

- 65 or older with an annual income at or less than \$62,450 for a single person or \$84,550 for a married couple. OR
- Under 65 with a disability, with an annual income at or less than \$23,481 for a single person or \$31,791 for a married couple.

For Massachusetts residents not eligible for Medicare, who are 65 or older, or under 65 with a disability, Prescription Advantage may provide primary drug coverage. Call Prescription Advantage to enroll over the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. You can apply on line by going to www.prescriptionadvantagemma.org.

Are you turning 65 in the next three months? Are you over 65 and planning to retire soon? Do you understand your Medicare deadlines and options?

Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the **SHINE (Serving Health Insurance Needs of Everyone...on Medicare)** program. Certified SHINE counselors are available **all year** to help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A counselor will call you back, as soon as possible.

SHINE (SERVING HEALTH INSURANCE NEEDS OF EVERYONE) APPOINTMENTS ARE AVAILABLE WITH OUR SHINE COUNSELORS. We have appointments available where you can meet individually with one of our SHINE Counselors, Pauline O'Bray and Susan Goellner. Please call the Senior Center at 508-393-5035 to schedule your appointment.

HERE'S TO YOUR GOOD HEALTH! WELLNESS CLINIC

Date: Tuesday, May 21 • Time: 12:30 - 2:00 PM • Cost: Free

Meet individually with the Nurse, Janet Iacovelli, RN. Often times, a visit to the Primary Care Physician can feel rushed. Maybe there were some questions you felt were left unanswered or you feel need more discussion. Making an appointment with Janet may help with those issues. Janet can also take your Blood Pressure, discuss Blood Sugars (bring your meter), or discuss any medical issues with you.

DAYBREAK AT THE NORTHBOROUGH SENIOR CENTER

A Social Day Program Providing Respite for Caregivers

Day: Tuesdays • Time: 11:30 AM - 2:30 PM • Pre-registration required

If you're a care partner of someone with Dementia, Alzheimer's or memory loss, the DayBreak program may be just what you're looking for. Christine D'Angelo is the Facilitator in Northborough and Marlborough. DayBreak has been a very successful program at the Hudson Senior Center. As an outgrowth of our COME 2B Dementia Friendly initiative, we have partnered with the Senior Centers in Hudson and Marlborough to offer DayBreak 3 times per week.

A person with Dementia or a Cognitive Impairment can attend 1 or all 3 days per week. DayBreak provides individuals with a safe and stimulating experience with fun activities and social interaction while providing care partners with much needed time for themselves!

Because grant funding is being used, we are providing you an opportunity to make a voluntary \$15 per day donation toward the cost of this service. Service includes lunch and activities. Donations are put directly into the program allowing for the expansion of services. Making a voluntary donation in no way influences service delivery. Contact Kelly Burke, Director or Jocelyn Ehrhardt, Outreach Coordinator at **508-393-5035** for more information. To sign-up, please contact Lisa Gardner at **978-568-9638** or lbbazarian@gmail.com.

This program has been made possible in part by funding from the MetroWest Health Foundation.

STRENGTH TRAINING**Day: Mondays & Wednesdays****Time: 9:00 – 10:00 AM****Cost: \$3/class • Instructor: Linda Bonazzoli**

Make your workout fun with this active class. You'll begin with a warm-up and ease into strength training with weights. The class incorporates aerobics and stretching as well. Linda has been an instructor at the Senior Center for more than 15 years. This class is adaptable to all capabilities so plan on checking it out soon.

**TAI CHI/QI GONG/ MEDITATION
MIND BODY & SPIRIT****Day: Every Tuesday****Time: 10:45 AM – 12:00 PM****Cost: \$3/class • Instructor: Rev. Helen Morin**

Join us for a wonderful session of stretching known as Qi Gong, to improve your health increase energy and stimulate blood flow. Then relax into some Ancient Shaolin Temple exercises (all low impact). Then step gently into a progressive step by step learning of a modified Yang T'ai Chi form, from Villari's Self Defense studios. This one hour class will end with a guided healing meditation and you will begin your weekend balanced, focused and aware. Led by Rev Helen J. Morin, a certified teacher of Tai Chi.

LINE DANCING-HIGH BEGINNER**Day: Tuesdays • Time: 10:00 AM****Cost: \$3/class • Instructor: Mary Dragon**

Line dancing is a fun way to exercise, reduce your stress and increase your energy. This class is a high beginner/easy intermediate. Popular and classic line dances are put to all different types of music. You are welcome to sit in on a class and see if this is for you. Let's Get Dancin'!

**TAI CHI/QI GONG/ MEDITATION
MIND BODY & SPIRIT****Day: Every Friday****Time: 8:30 – 9:30 AM****Cost: \$3/class****Instructor: Rev. Helen Morin**

Join us for a wonderful session of stretching known as Qi Gong, to improve your health increase energy and stimulate blood flow. Then relax into some Ancient Shaolin Temple exercises (all low impact). Then step gently into a progressive step by step learning of a modified Yang T'ai Chi form, from Villari's Self Defense studios. This one hour class will end with a guided healing meditation and you will begin your weekend balanced, focused and aware. Led by Rev Helen J. Morin, a certified teacher of Tai Chi.

ZUMBA GOLD**Days: Mondays & Thursdays****Time: 1:00 PM • Cost: \$3/class****Instructor: Mary Abate**

This easy-to-follow program allows anyone any age or either sex to be able to perform the Zumba Gold dance moves to upbeat and fun music. Join us and let the party begin!

BELLY DANCING**Day: Thursdays • Time: 9:30 AM****Instructor: Gypsy Phillips****Cost: \$3/class**

Shimmy your way to a new figure while having fun at the same time. You'll learn the techniques and steps of this timeless dance form and have a great time.

PICKLEBALL**Monday/Thursday/Friday: 12:00-3:30 PM****Wednesday: 10:00 AM – 12:00 PM****Location: Town Hall Gym, 63 Main Street Northborough**

Pickleball is a combination of ping-pong, badminton, and tennis. We use a whiffle-type ball and a paddle about 3 times the size of a ping-pong paddle. Please call Bob Savage at 508-393-9792 if you have any questions.

TAI CHI FOR ARTHRITIS**Day: Every Tuesday • Time: 9:30 – 10:30 AM****Cost: \$3/class • Instructor: Helen Morin**

Exercise helps arthritis! Studies prove it and more and more studies are proving that Tai Chi is the best exercise there is for arthritis sufferers. Join us for this special form of Tai Chi designed specifically for arthritis by Dr. Paul Lam, and arthritis sufferer, who wanted an alternative to medication. We begin with gentle stretching known as Qi Gong, then we learn step by step the Sun Arthritis form. After practicing Tai Chi for 45 minutes we have a guided healing meditation. Then you will be ready for a beautiful day!

YOGA WITH REBECCA**Day: Every Wednesday****Time: 12:00 PM****Cost: \$3 • Instructor: Rebecca Reber**

The benefits of yoga are amazing including greater flexibility, balance, strength along with calming the mind and relaxation. This class begins with a meditation and gentle warm-up to an easy flow of postures in which choices will be given depending on experience level and then ending in a final relaxation or Savasana. Rebecca has been practicing yoga for over 15 years. She received her 200 certification three years ago and teaches at local COA. To find out more about her please visit www.rebeccareberyoga.com

**CHAIR YOGA WITH DIANE****Day: Monday and Wednesday****Time: 11:00 AM • Cost: \$3/class****Instructor: Diane Ginsberg**

Diane Ginsberg, a senior herself, has been practicing Yoga for 40 years and teaching for the past 30. She creates a comfortable, friendly, supportive and non-competitive environment for all different abilities to enjoy the benefits of Yoga on a chair. Diane incorporates her recent training in Laughter Yoga into her classes which encourage people to have fun and feel good. There are some standing exercises and a relaxation period at the end of each class. Join this upbeat class for fun and good health.

**TRADITIONAL CHINESE
YANG STYLE TAI CHI****Dates: Wednesdays****Time: 10:30 – 11:45 AM • Cost: \$3/class****Instructor: Yunping Hu**

Come and learn Traditional Chinese Yang Style Tai Chi, the most popular and relaxing Tai Chi style. It will be taught by Ms. Yunping Hu, the champion of multiple international Tai Chi competitions held in US and the student of Tai Chi master Sitan Chen. Both beginners and experienced Tai Chi practitioners are welcome. The forms to be taught include Tai Chi 8 Form, 16 Form and 24 Form.

STRETCH BREAK**Day: Every Friday • Time: 10:15 AM****Cost: \$3 • Instructor: Sharon McDevitt**

Stretch Break is a 45 minute class that consists of mat-based stretches for the entire body. Class will begin with about 5 minutes of standing rhythmic limbering movement to get the blood flowing to all extremities.

Then, the relaxation begins! The rest of the class will be gentle stretching to bring your body through range of motion exercises which will lengthen your muscles and increase movement within each joint of your body. If you find you sit a lot, have a weak lower back or neck/shoulder soreness, this is the class for you. My goal for you is to have you become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain.



Pauline Berkes
(Rebecca's Mom)

SEATED CHAIR YOGA

Day: Tuesdays

Time: 6:30 PM

Cost: \$3/class

Instructor: Rebecca Reber

Rebecca Reber has been practicing yoga for about 15 years. In this class you will stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Rebecca will combine this with inhales and exhales as we work with props to get the most out of every movement. The hour session

will end in a relaxing Savasana. This class is for beginners to more experienced yogis as any type of movement is wonderful. Come and have fun while enjoying the benefits of movement.

SEATED CHAIR YOGA

Day: Wednesdays • **Time:** 1:30 PM

Cost: \$3 • **Instructor:** Rebecca Reber

Join us for a seated Chair Yoga class where we will move with our breath through stretches, bends and twists. Come enjoy the movement and leave feeling relaxed and refreshed!

GENTLE BALLET

Day: Mondays • **Time:** 10:15 AM • **Cost:** \$3/class

Pre-Registration Required

Ballet dancing is a timeless art form that combines exercise and artistry. Come join us for a gentle ballet class designed for seniors of all capabilities. This class uses ballet techniques to focus on strength, flexibility, and balance, as well as coordination and pattern making for memory improvement. No experience or tutus necessary! Come have fun with us and learn something new!

POOL FOR BEGINNERS

Day: Tuesdays • **Time:** 10:00 AM – 12:00 PM

Location: Pool table room • **Cost:** \$5/class

Instructor: Kevin Wright • **Pre-registration is required**

Ever wanted to learn the ins and outs of playing pool? This class is designed for the beginner—someone who wants to know how to make those easy and more difficult shots. Kevin Wright has been playing and teaching pool for over 15 years. The class is limited, so call the Senior Center at **508-393-5035** and reserve your spot in the game.

CARDIO & WEIGHTS

Day: Thursdays • **Time:** 10:45 to 11:30 AM

Cost: \$3 • **Instructor:** Sharon McDevitt

This 45 minute class works your cardiovascular system (heart and lungs) with a low impact aerobic workout. The introduction of weight/strength training, builds strength and speeds up metabolism so you can burn more calories at rest as well as tone and sculpt muscles.

Class ends with core strengthening exercises and a relaxing cooldown and stretch. All participants are urged to work at their own intensity levels. Please let the instructor know if you have any orthopedic issues which need to be addressed or modified.



YOGA WITH NANCY

Yoga with Nancy is on hiatus until spring.

PING PONG

Day/Time: Tuesdays at 12:00 PM

and Thursdays at 2:15 PM

Cost: Free

We have a few folks who would really like more people to join them to play Ping Pong. If you'd like to use the Ping Pong table at another time please ask at the front desk.



WALKING CLUB

Day: Thursdays • **Dates:** Through June 13

Time: 10:00 AM • **Leader:** Forest Lyford

Cost: Free

Welcome back! The Walking Club will continue every Thursday until June 13. The theme this Spring is "Still Waters."

We will be walking near lakes and ponds in and near Northborough.

Hikers leave from the Senior Center at 10:00 A.M on Thursdays.

Hikes are free and open to all.



FLEX AND TONE

Day: Thursdays • **Time:** 2:00 PM • **Cost:** \$3

Instructor: Rebecca Reber

Stretching is one of the most neglected health components. This class will use props- blocks and straps - along with a variety of stretching methods to improve flexibility, range of motion, promote circulation and improve strength and flexibility. All are welcome!

ELDER LAW WITH FRANK AND MARY

by Arthur P. Bergeron



Arthur P. Bergeron is an elder law attorney in the Trusts and Estates Group at Mirick O'Connell.

SICK? CALL YOUR DOCTOR - THEN CALL YOUR LAWYER

This past month two different people called (neither of them were an existing client) with the same story. Each one had a relative close to death and wanted to know if there was anything that should be done. In each case, it turned out there would need to be probate of the dying person's estate unless some immediate steps were taken. In one case, we had time to restructure things. In the other case, we did not. In both cases, the sick person died within days.

In both cases, the dying person owned real estate in his individual name and the property was ultimately going to his relatives.

"Alan" wished for his property to go to his children. In Alan's case, he had previously executed a Durable Power of Attorney giving someone he trusted the ability to handle his financial affairs. Therefore, we were able to have the person Alan had named in the Power of Attorney (referred to as the "agent") execute a deed on Alan's behalf, transferring a so-called "remainder interest" in the property to Alan's children, but retaining a "life estate" for Alan himself. As a result:

- Upon Alan's death two days later, his life estate ended, leaving his children as owners of the property without needing to go through the time and expense of the probate process.
- For capital gains tax purposes, because Alan had kept the life estate, he was still the owner of the property at death, so the tax "basis" of the property increased to the date-of-death value, effectively allowing the property to be sold after Alan's death free of capital gains tax, just as would have happened if he had not made the transfer.

"Bob" wished for his property to go to his parents. Bob had not executed a Power of Attorney. At this point, it was not even clear whether Bob would be lucid enough to sign one. Bob passed away before we got the chance to try. The property's tax basis will still receive a step up and his parents will still receive the real estate and the bank account that was in his sole name, but only after the family has hired a lawyer to go through the probate process, and pay legal fees and court costs, and only after waiting a year to see if any of the decedent's creditors file a claim against the probate estate.

There are two morals to this story. First, ALWAYS have a Durable Power of Attorney. Second, if someone gets sick (and before they get very sick), call your lawyer to see if you need to do anything. It's always too early, until it's too late.

If you need more information on this, you can contact me at **508-860-1470** or **abergeron@mirickoconnell.com**. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube Channel, **www.youtube.com/elderlawfrankmary** and find more in-depth commentary on legal issues on Mirick O'Connell's Trusts and Estates blog, "Getting All Your 'Docs' in a Row."

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Watch our elder law legal clinics on YouTube: "ElderLawFrankAndMary"



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DULL MEN'S CLUB**Day: Wednesdays • Time: 10:00 – 11:00 AM****Cost: Free • Leader: Bernie Gillon**

The Northborough chapter of the Dull Men's Club is looking for a few more dull men who celebrate the ordinary. It is a place where dull men share thoughts and experiences, free from glitz and glam, free from pressures to be in and trendy. We are free instead to enjoy simple, ordinary things. It is an opportunity to hang-out and to chat about issues of great or little importance. Serious politics or religion is strictly verboten subjects. We are not boring and we are not grumpy. Check out our international Dull Men's Club Website dullmensclub.com and come join us.

BOOK CLUB**Day: 3rd Wednesday of the Month****Date: May 15 • Time: 1:30 PM****Leader: Maureen Sargent****Cost: Free • Where: Senior Center**

Please call the Senior Center to find out what their book selection is for the month or go to the town website for the Senior Center. The new title is posted under book club.

BETTER BREATHERS CLUB**Day: 3rd Thursday of the month****Date: May 16 • Time: 2:00 PM****Cost: Free • Leader: Bonnie Kenney****Pre-Registration Required**

Do you have a chronic lung disease such as asthma, COPD, chronic bronchitis, or lung cancer? Then this group is for you! Join Bonnie Kenney, Director of Respiratory at the Reservoir. You will learn breathing techniques, talk about medications, tests, oxygen and nutrition, try some exercises, and much more.

Better Breathers meets at the Northborough Senior Center. Refreshments will be provided.

Please RSVP to the Senior Center, 508-393-5035 for attendance. *Learn More, Breathe Better*

HARMONICA CLUB**Day: Mondays • Time: 10:00 AM****Cost: Free • Leader: Dan Ginsberg**

This month, we welcome Dan Ginsberg back to the Harmonica Group. Our own Northborough Senior Center Harmonica Club is in its 9th Season and is always opening its doors for new members. Anyone who has played the harmonica as a youngster, mid-life, or in your golden years, is invited to join us. We play mostly old favorites and patriotic songs, and at holiday performances we play songs that our guests can sing along with. If interested, or to get more information, please leave your name and phone number at the Front Desk at the Northborough Senior Center, and someone from the Harmonica Club will contact you

**PHOTOGRAPHY CLUB****Day: Tuesday • Date: May 28****Time: 1:00 PM • Cost: Free**

The Senior Center is lovely during the month of May! During the first part of our meeting we are planning on taking pictures outside the building where we will find flowers, a fish pond, parking lot, walking path and much more. Then we will bring them into the Computer Room to share. It should be educational to learn how different photographers see subject matter in different ways and different perspectives from what we see.

This meeting and our Photography Club is open for all photographers: those who use cell phone cameras (iPhone or Android), and those who use a digital camera. Whether we shoot with a smartphone or a DSLR, we all share a like passion. Come join us!

PHOTOGRAPHY WORKSHOP**Day: Saturday • Date: May 25****Time: 10:00 AM – 1:00 PM (Tower Hill)****Tuesday, May 28, 3:30 – 5:00 PM****(Follow-Up Class at Senior Center)****Cost: \$50 (Includes Workshop & Follow-Up Class)****Pre-Registration and Payment Required by May 17****Instructor: Steve McGrath**

Join us at Tower Hill Botanic Garden in Boylston, MA where you will have the opportunity to photograph beautiful gardens, indoors and out, and learn how to better use your camera. We will experiment with using different focal lengths to alter the look of the subject and background. You will have plenty of time to photograph on your own, plus have guidance from the instructor.

Suitable for photographers of all levels, however, a basic understanding of your camera is required. Review your camera manual beforehand and bring it with you along with your camera and fresh batteries (tripods are not allowed). Payment for entrance to Tower Hill is \$11 pp 65+/\$16 pp under 65 and is paid directly to Tower Hill the day of the workshop.

BEGINNING/INTERMEDIATE PHOTOSHOP ELEMENTS®/LIGHT ROOM FOR ASPIRING PHOTOGRAPHERS**Day: Thursdays****Dates: May 16, 23, 30, June 6, 13****Time: 2:30 – 4:00 PM****Instructor: Steve McGrath****Cost: \$10/class or \$45 for series of 5 classes****Pre-Registration Required**

This workshop will help participants learn Photoshop® techniques and skills, and apply them immediately to their personal photography. Using classroom lecture and interactive student participation, the course will cover workflow, file types, optimizing images, layers, tools, panoramics, color balance, black and white, and archiving. Extensive handouts will lead students step-by-step so that skills can be practiced at home...We use Adobe Photoshop Elements 14 for our instructional labs in class.

TECHNOLOGY TUESDAY**Date: May 14th • Time: 2:30 PM****Cost: Free • Pre-Registration Required**

Algonquin students will be at the Senior Center to help out with your technology questions. Need to figure out your e-reader, iPad, Cell Phone or Laptop? We have iPads and webcams for Skype here if you'd like to try them out. These students have gotten rave reviews for their knowledge and teaching abilities. Please let us know you're planning to come so we have enough students for everyone. Sign up and start getting the most out of technology!

WOMEN'S DISCUSSION GROUP**Day: Mondays • Dates: May 13 & 20****Time: 12:30 PM • Cost: \$2****Facilitator: Audrey DiMichele, M.Ed.**

Are you looking for a safe, nurturing, and confidential environment to share your thoughts and feelings? Our Women's group offers you the opportunity to talk about any or all topics of concern to you. The group also will allow for new friendships and personal growth.

MEMOIR WRITING GROUP**Day: 2nd & 4th Wednesdays****Dates: May 8 & 22 • Cost: Free****Time: 1:30 PM**

Participants enjoy writing and sharing their stories from various stages in their lives. Join this fun group as they remember and write about the interesting times of their lives. Some of the members arrive at 12 noon for lunch at the Bistro. New members are welcome.

The Real Estate Expert

KAREN SCOPETSKI

Article Provided By **YOUR NORTHBOROUGH REALTOR**



AFTER A LONG, HARD WINTER, SPRING IS FINALLY HERE! PREPARE YOUR HOME WITH SOME OFTEN OVERLOOKED SPRING TASKS:

WEATHERSTRIPPING

Weatherstripping the windows on your home is an easy and effective way to help save money on your energy bill. Weatherstripping is a material you can apply around your window and door frames to help ensure there's a good seal.

TEST AND CLEAN CEILING FANS

Reports show that an efficient ceiling fan in each room can help allow you to raise the thermostat setting about 4 degrees without reducing your comfort level. Ceiling fans can be a good way to air out the house and generate a cross-breeze.

REPLACE YOUR AC FILTER

While the warm weather is still technically several weeks away, you want to make sure your air conditioner is prepared and ready. It is recommended to replace the filter in the air conditioner in the spring. A new filter will likely optimize the efficiency of the unit.

REPLACE TORN OR DAMAGE WINDOW SCREENS

If you don't have an air conditioner, or if you simply like to keep the windows open in the spring and summer, it's a good idea to make sure your screens are in good shape.

CHECK YOUR ROOF SHINGLES

This should be done by a professional, as working on the roof can be dangerous without the proper training. You should ask the professional to make sure the shingles are not curling or clawing.

REPLACE ROTTEN SIDING OR TRIM

Make sure your home's siding and trim aren't damaged from windy, icy conditions. If your home is made of brick or stucco, look for any crumbling or deteriorated mortar. If you find a problem, contact a professional for help with repairing or replacing the damaged materials.

CLEAN GUTTERS AND DOWNSPOUTS

You're making sure the inside of your home is clean; why not make sure your gutters are, as well? This job, too, is best left to a professional, as climbing on a ladder is required.



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14 MAY 2019 SENIOR CENTER CALENDAR

MONDAY		TUESDAY		WEDNESDAY	
				1	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Vets Talk 9:45 AM Singing in Rounds 10:00 AM Dull Men's Club 10:00 AM Pickleball@Town Hall Gym 10:30 AM Yang Style Tai Chi
6	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:15 AM Gentle Ballet 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119	12:00 PM Pickleball@Town Hall Gym 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	7	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak	12:00 PM Bistro@119 12:00 PM Ping Pong 1:00 PM Tuesday Trivia 1:00 PM Blood Pressure Clinic 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga
13	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 10:00 AM Harmonica Club 10:15 AM Gentle Ballet 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro Birthday Lunch 12:00 PM Pickleball@Town Hall Gym	12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	14	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong 12:00 PM Bistro@119	12:00 PM Legal Clinic 1:00 PM Tuesday Trivia 2:30 PM Technology Tuesday 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga 7:00 PM COA Meeting
20	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Massage w/Melanie 9:00 AM Rug Hooking 10:00 AM Harmonica Club 10:00 AM Jewelry Making 10:15 AM Gentle Ballet 11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119	12:00 PM Pickleball@Town Hall Gym 12:30 PM Woman's Discussion Group 1:00 PM Pitch 1:00 PM Zumba Gold 2:00 PM Needlers	21	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak	12:00 PM Ping Pong 12:00 PM Bistro@119 12:30 PM Wellness/Health Clinic 1:00 PM Tuesday Trivia 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga
27	SENIOR CENTER CLOSED MEMORIAL DAY		28	9:00 AM Art Group 9:30 AM Tai Chi w/Helen 10:00 AM Pool for Beginners 10:00 AM Line Dancing 10:45 AM Tai Chi w/Helen 11:30 AM DayBreak 12:00 PM Ping Pong	12:00 PM Bistro@119 1:00 PM Tuesday Trivia 1:00 PM Photography Club 4:00 PM Sewing & Knitting Group 5:00 PM Bistro@119 6:30 PM Seated Chair Yoga
				29	9:00 AM Strength Training 9:00 AM Pool Players 9:00 AM Vets Talk 9:45 AM Singing in Rounds 10:00 AM Dull Men's Club 10:00 AM Pickleball@Town Hall Gym 10:30 AM Yang Style Tai Chi



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THURSDAY			FRIDAY		
11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga	2	9:30 AM Mani/Pedi/Reflexology 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 PM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting Group 2:00 PM Flex and Tone 2:15 PM Ping Pong	3	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym
12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:30 PM Hearing Clinic 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga 1:30 PM Memoir Writing	9	9:00 AM Chat With the Chief 9:30 AM Mani/Pedi/Reflexology 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 PM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119	12:00 PM Pickleball@Town Hall Gym 1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Origami 1:00 PM Low Vision Support 2:00 PM Flex and Tone 2:15 PM Ping Pong	10	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym
12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Book Club 1:30 PM Seated Chair Yoga 2:30 PM Tuesday Technology	16	9:30 AM Cribbage 9:30 AM Belly Dancing 9:30 AM Mani/Pedi/Reflexology 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Zumba Gold 1:00 PM Quilting Group 2:00 PM Better Breathers 2:00 PM Flex and Tone 2:15 PM Ping Pong 2:30 PM Beginning/ Intermediate Photoshop	17	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym
11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Memoir Writing 1:30 PM Seated Chair Yoga	23	9:00 AM Chat With the Chief 9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119	12:00 PM Pickleball@Town Hall Gym 1:00 PM Bridge 1:00 PM Zumba Gold 2:00 PM Flex & Tone 2:15 PM Ping Pong 2:30 PM Beginning/ Intermediate Photoshop	24	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym
11:00 AM Chair Yoga w/Diane 12:00 PM Bistro@119 12:00 PM Yoga w/Rebecca 12:45 PM Bridge - SAYC Group 1:00 PM Bingo 1:30 PM Seated Chair Yoga	30	9:30 AM Cribbage 9:30 AM Belly Dancing 10:00 AM Walking Club 10:30 AM Mah Jong 10:45 AM Cardio & Weights 12:00 PM Bistro@119 12:00 PM Pickleball@Town Hall Gym	1:00 PM Bridge 1:00 PM Zumba Gold 2:00 PM Flex & Tone 2:15 PM Ping Pong 2:30 PM Beginning/ Intermediate Photoshop	31	8:30 AM Tai Chi/Qi Gong/ Meditation 9:00 AM Pool Players 9:30 AM Art Class w/Helen 10:15 AM Stretch Break 11:00 AM Piano Lessons 12:00 PM Pickleball@Town Hall Gym

MAY IS STROKE AWARENESS MONTH

Stroke is the fifth leading cause of death in America and a leading cause of adult disability.

Up to 80% of strokes are preventable; you can prevent a stroke!

A stroke or "brain attack" occurs when a blood clot blocks an artery (a blood vessel that carries blood from the heart to the body) or a blood vessel (a tube through which the blood moves through the body) breaks, interrupting blood flow to an area of the brain. When either of these things happen, brain cells begin to die and brain damage occurs.

Recurrent stroke makes up about one out of four of the nearly 800,000 strokes experienced in the US every year. The best defense against recurrent stroke is good offense. Equip yourself with information and tips for preventing another stroke. Be aware of your symptoms and risk factors. Managing your health will help reduce the risk of recurrent stroke.

To learn more visit www.stroke.org

Information taken from www.stroke.org.



Answer to
April Sudoku

3	1	2	7	8	9	5	6	4
5	8	6	4	1	3	7	2	9
4	9	7	5	2	6	8	3	1
8	5	3	6	7	1	4	9	2
6	7	1	9	4	2	3	5	8
2	4	9	3	5	8	1	7	6
1	3	8	2	9	7	6	4	5
9	6	4	1	3	5	2	8	7
7	2	5	8	6	4	9	1	3

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		1						8
	9				8			
	5	3					6	
					3			
4	2	8						
					6		8	1
			2				4	
	3			6	5			
		9		4		3	1	

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DIFFICULTY: ★★★★★

CROSSWORD PUZZLE

ACROSS

- 1 Bring
- 5 Lady's title
- 9 Uncle (Scot.)
- 12 Scientific name (suf.)
- 13 Recorded proceedings
- 14 Totem pole
- 15 In (Fr.)
- 16 Your (Ger.)
- 17 Citizen (abbr.)
- 18 Sound perception
- 20 Movies
- 22 Legal action
- 25 Apart (pref.)
- 27 Mulberry of India
- 28 Dance company (abbr.)
- 29 Bedouin headband cord
- 31 Rosebud, e.g.
- 34 Constrictor
- 35 Pattern
- 37 Guido's note (2 words)
- 38 Concerning (2 words)
- 40 Latite
- 41 Television channel
- 42 Federal Aviation Admin. (abbr.)
- 44 Yarn measure
- 45 Golf ball holder
- 46 Medieval helmet
- 49 Suggestion
- 51 Universal product code (abbr.)
- 52 Pointed (pref.)
- 54 Challenge
- 58 Shelter
- 59 Afr. tree
- 60 Down with (Fr., 2 words)
- 61 At the age of (Lat.)
- 62 Earth
- 63 Created

ANSWER TO PREVIOUS PUZZLE

M	E	D	E	A	I	C	I	T	A	V
A	D	I	O	S	C	O	D	A	M	A
T	O	R	U	S	A	P	E	A	I	S
E	M	E	S	I	S	S	A	L	L	E
E	C	T	I	D	E	E	D	E	M	A
L	O	I	N	D	I	S	A	D	A	D
K	E	L	E	P	N	O	D	E	S	E
M	Y	O	P	I	A	G	A	L	L	O
A	A	A	V	C	R	D	I	O	D	E
A	L	S	E	R	A	E	A	G	E	R
M	E	T	T	E	D	M	O	O	R	E

DOWN

- 1 Youngster
- 2 Wood sorrel
- 3 Denary
- 4 Assuage
- 5 Shepherd's song
- 6 Sharpshooter
- 7 Of the kind of (suf.)
- 8 Madness
- 9 Prime
- 10 Mutilate
- 11 Feminine (suf.)
- 19 Wife of Esau
- 21 Nose (pref.)
- 22 Noted physicist
- 23 Black
- 24 Pane (2 words)
- 26 Palmetto
- 30 Ember (2 words)
- 32 River into the North Sea
- 33 Carplike fish
- 36 Afrikaans
- 39 Water (Fr.)
- 43 Accumulate
- 46 Haw. dance
- 47 Sword
- 48 Spoken alphabet letter
- 50 Cheese
- 53 Portuguese coin
- 55 Sleeveless Arab cloak
- 56 Energy unit
- 57 Compass direction

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A64

NORTHBOROUGH COA VAN SERVICE *

Monday

Appts no sooner than 7:30 AM
Medical Appts, Work

Mondays (1st)

Wal-Mart/Target - Afternoon

Monday (2nd)

Christmas Tree Shop - Afternoon

Monday (3rd)

Lyman Street Plaza - Afternoon

Monday (4th)

Solomon Pond Mall - Afternoon
(If there is a fifth Monday
Westmeadow Plaza)

Tuesday

Appts. no sooner than 7:30 AM

Wednesday

Appts. no sooner than 7:30 AM
Senior Center, Medical Appts.,
Work, Grocery Shopping@
Hannaford in Marlboro Plaza,
Work Trips, Library

Thursday

Appts. no sooner than 7:30 AM
Senior Center, Medical Appts.,
Work

Friday

Appts. no sooner than 8:15 AM
Senior Center, In-town Errands,
Work, Hairdresser

* Please call the Senior
Center at 508-393-5035
for details.

In-Town Trips and Out-of-Town Trips provided to Marlboro, Westboro, Shrewsbury, Worcester, Boylston, Northborough, Southborough Monday-Friday as scheduled. Reservations taken up to seven business days in advance. Minimum of 24 hours notice is required for all reservations. **508-752-9283 press 1.** No out-of-town trips unless pre-authorized. Trips to and from the Senior Center are available daily.

VAN TRANSPORTATION WEATHER CANCELLATION POLICY

If Northborough Schools are closed due to inclement weather, there will be no van transportation for that day. If there is a delay due to inclement weather, there will be a delay in transportation for the same amount of time.

NEW AUTOMATIC FARE COLLECTION SYSTEM

Beginning January 1, 2019, WRTA implemented an Automatic Fare Collection System. There will be **no increase** of fares. The current fare collection system will transition from a cash & ticket system to a prepaid automatic system. Please call **508-791-9782** with any questions.



ASK A PHARMACIST

A leading pharmacist answers your most frequently asked questions.

AGE-RELATED VISION PROBLEMS



As you age, so do your eyes. You might find that you have difficulty reading small print or that you need brighter lighting at your desk. In addition, eye diseases that could lead to more-serious vision problems become more common with age. Consider cataracts. A cataract is a clouding of the normally clear lens of the eye. Most cataracts develop slowly and don't disturb eyesight early on. At first, stronger lighting and eyeglasses can help you deal with cataracts. Eventually cataracts can interfere with your vision. Left untreated, cataracts can lead to blindness. However, even with advanced cataracts, vision can usually be restored with surgery. Be sure to have regular checkups with your ophthalmologist so that any developing vision problems can be caught early.

— Source: Mayo Clinic



Have a question for the pharmacist?
Email questions to: pharmacist@bouvierpharmacy.com



Do you have Ostomy, Urological, Wound Care or Incontinence supplies delivered to your home? Don't deal with a faceless 800 number, deal with a local, family business you can trust, call Bouvier's!



Our friendly and knowledgeable staff will use care and discretion to help you get the supplies you need delivered **right to your door!**

We proudly carry products from the leading product manufacturers, and offer a convenient and discreet drop ship program, as well as a free sample program with most brands. We can also special order any particular item for your specific needs and drop ship in one business day.

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Fax: 508-485-8777

Call 508-485-0432

www.bouvierpharmacy.com

*4 Generations of our Family
Caring for Yours...*

ORIGAMI**Day: Thursday • Date: May 9****Time: 1:00 PM • Instructor: Annie Wales****Cost: \$5 • Pre-registration Required**

Join the talented Annie Wales for a fun class based on a very old art form. See the photo for this month's project. Also, look for samples at the Senior Center front desk.

**JEWELRY MAKING CLASS****Day: Monday • Date: May 20****Time: 10:00 AM • Instructor: Lori Burton****Pre-Registration Required**

It's a perfect time to try a new hobby! Making beautiful jewelry is both fun and easy when you have an expert like Lori working with you. Sign up today to try your hand at something new and creative.

ART WITH HELEN**Day: Fridays • Date: May 3, 10, 17, 24, 31****Time: 9:30 - 11:30 AM****Cost: \$10 per class • Instructor: Helen Garcia****Pre-Registration Required**

This month, Helen will focus on using "Frisket" wax and crayons for special effects in your paintings. She will also share techniques for painting fog. Helen will also review using different brushes for different techniques. As always, these classes are open to beginners as well as more experienced students.

TRADITIONAL RUG HOOKING**Day: Mondays • Dates: May 20 & June 24****Time: 9:00 AM - 12:00 PM****Cost: \$30 for 2 classes****Instructor: Joyce DiGregorio****Pre-Registration Required**

This is an open class for students at any level of rug hooking experience. Work on any design, cut or style, and new students will learn about rug hooking and the technique involved to produce future heirlooms. Joyce is an accredited McGown teacher and has been hooking, lecturing and teaching for many years. She enjoys the challenge of helping students develop and complete new, original designs or work on in progress rugs. She is an accomplished colorist and designer and is owner of DIGO Hand Hooked Rugs.

NEEDLERS (KNITTING GROUP)**Day: Mondays • Time: 2:00 PM****Cost: Free • Leader: Sue Goyette**

Want to work on your knitting/crocheting or other handwork with others? Looking for direction on a particular project? Join this creative group as they share common experiences of a hobby they just love!

SEWING & KNITTING NIGHT**Day: 2nd and 4th Tuesday****Date: May 14 & 28****Time: 4:00 - 8:00 PM • Cost: Free****Leaders: Donna Towner & Shirley Tetreault**

This is an opportunity to work on your own projects whether it be sewing or knitting. The room offers great lighting, tables, ironing boards, and cutting mats. Feel free to bring your own machine. Lots of time to work on your projects with new, longer hours. Come join us!

BEGINNER PIANO LESSONS**Day: Fridays • Time: 11:00 AM****Cost: \$10/class • Instructor: Dennis Deyo****Pre-Registration Required**

This class will be for all older adults who have never taken piano lessons and want to start from the very beginning OR for those older adults who studied piano years ago and want to refresh their skills by starting over. These hour-long classes will be held on Fridays at 10 AM and students will be given a chance to take turns playing their music during the class. True beginners will be given a workbook to learn how to read music, a scale chart, an exercise book and a song book. Total cost for all materials will be \$35, and the cost for the one-hour class will be \$10. Sign up now. The class will be taught by Dennis Deyo, who has been a piano teacher for over 50 years.

QUILTING**Day: 1st & 3rd Thursday • Dates: May 2 & 16****Time: 1:00 PM • Cost: Free****Instructor: Connie Davis**

Join Connie and her class for tips and techniques on quilting. Bring your quilting project with you, or come to get inspired to start a new one.



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Knollwood
Nursing Center
YOUR PARTNERS IN CARE

MONDAY

- 9:00 Aerobics/Strength Training
- 9:00 Massage by Melanie
- 9:00 Pool
- 9:00 Rug Hooking (5/20)
- 10:00 Jewelry Making (5/20)
- 10:00 Harmonica Club
- 10:15 Gentle Ballet
- 10:30 English as a Second Language (4/1, 8)
- 11:00 Chair Yoga w/Diane
- 12:00 Pickleball (Town Hall Gym)
- 12:00 Bistro Birthday Lunch (5/13)
- 12:30 Women's Discussion Group (5/13 & 20)
- 1:00 Pitch
- 1:00 Zumba Gold
- 2:00 Needlers

TUESDAY

- 9:00 Art Group
- 9:30 Beginner Tai Chi w/Helen
- 10:00 Line Dancing
- 10:00 Pool for Beginners
- 10:45 Qi Gong Tai Chi w/Helen
- 11:30 DayBreak
- 12:00 Bistro Lunch
- 12:00 Ping Pong
- 12:00 Legal Clinic (5/14)
- 12:30 Wellness Clinic (5/21)
- 1:00 Tuesday Trivia
- 1:00 Blood Pressure (5/7)
- 1:00 Photography Club (5/28)
- 2:30 Tuesday Technology (5/14)
- 3:30 Digital Photography (5/2)
- 4:00 Sewing & Knitting Night (5/14 & 28)
- 5:00 Evening Bistro
- 6:30 Seated Chair Yoga

WEDNESDAY

- 9:00 Aerobics/Strength Training
- 9:00 Pool Players
- 9:00 Vets Talk (5/1, 15, 29)
- 9:45 Singing in Rounds
- 10:00 Dull Men's Club
- 10:00 Pickleball
- 10:30 SPA (5/22)
- 10:30 Yang Style Tai Chi Class
- 11:00 Chair Yoga w/Diane
- 12:00 Bistro Lunch
- 12:00 Yoga w/Rebecca
- 12:30 Hearing Clinic (5/8)
- 12:45 Bridge (SAYC)
- 1:00 Bingo
- 1:30 Memoir Writing (5/8 & 22)
- 1:30 Book Club (5/15)
- 1:30 Seated Chair Yoga

CAN YOU HELP?

The Senior Center has several volunteer vacancies. Positions include receptionist, The Bistro@119 and shopping helper on the van. Please contact Jocelyn Ehrhardt for more information.

THURSDAY

- 9:00 Chat with the Chief (5/9 & 23)
- 9:30 Mani/Pedi/Reflexology (5/2, 9, 16)
- 9:30 Belly Dancing
- 9:30 Cribbage
- 10:00 Walking Club
- 10:30 Mah Jong
- 10:45 Cardio & Weights
- 12:00 Bistro Lunch
- 12:00 Pickleball (Town Hall Gym)
- 1:00 Bridge
- 1:00 Quilting (5/2 & 16)
- 1:00 Zumba Gold
- 1:00 Photoshop Elements Class
- 1:00 Origami (5/9)
- 1:00 Low Vision Support Group (5/9)
- 2:00 Better Breathers (5/16)
- 2:00 Flex & Tone w/Rebecca
- 2:15 Ping Pong
- 2:30 Photoshop (5/16, 23, 30)

FRIDAY

- 8:30 Qigong Tai Chi
- 9:00 Pool Players
- 9:30 Art with Helen
- 10:15 Stretch Break
- 11:00 Piano
- 12:00 Pickleball (Town Hall Gym)

Where Caring Makes a Difference

This state of the art facility offers 22 Assisted Living Residences designed for individuals with memory loss.

- 24 Hour Staffing
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 - Snacks anytime in our Country Kitchen
 - Individual personal assistance tailored to suit your loved ones needs.
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- All of these services are covered in our monthly rate, which others charge for as "extras."

We also have an award winning skilled nursing facility on site to meet your short term and long term needs.

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NORTHBOROUGH TIMES

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Northborough Senior Center

119 Bearfoot Road

Northborough, Massachusetts 01532

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THE TOP NEWS STORIES

May 20, 1974

Senator paid \$217,444 US tax

Kennedy's income \$461,444 in 1973

By Robert J. Turner

Sen. Edward M. Kennedy last year paid \$217,444 in federal income tax, according to his 1973 federal income tax return, which is made public today.

The return shows he paid \$117,444 in federal taxes.

Kennedy declared only the last return and did not make a full return.

According to his personal return.

But, the return shows he took \$100,000 from his private bank account.

It also shows that Kennedy had more than \$100,000 in 1973.

Mass. delegation mixed on busing controversy

By Douglas Whelan

State Representative

WASHINGTON—A survey of the Massachusetts delegation to the House of Representatives today showed a mixed reaction to the busing controversy.

The survey showed that some members of the delegation were in favor of busing, while others were opposed.

The survey also showed that many members of the delegation were undecided.

The survey was conducted by the Massachusetts House of Representatives.

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Parent leads Flyers to Stanley Cup, 1-0

By Ray Fitzgerald
PHILADELPHIA—Stanley Cup champion Philadelphia Flyers defeated the New York Rangers 1-0 in the decisive Game 7 of the Stanley Cup Finals.

The Flyers' victory was led by their star player, Bobby Clarke, who scored the winning goal in the third period.

The Flyers' victory was a historic moment for the team, as they became the first team to win the Stanley Cup in Philadelphia.

He finds Chinese jokes are no laughing matter

By Martin A. Roper
Los Angeles Times

The joke in Cantonese that I am a Chinese is not a laughing matter. It is a serious matter.

As a Chinese, I am not a laughing matter. I am a serious person.

I am not a laughing matter. I am a serious person.

I am not a laughing matter. I am a serious person.

I am not a laughing matter. I am a serious person.

I am not a laughing matter. I am a serious person.

I am not a laughing matter. I am a serious person.

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I am not a laughing matter. I am a serious person.

I am not a laughing matter. I am a serious person.

I am not a laughing matter. I am a serious person.

Giscard d'Estaing is winner in France

Victor

By Douglas C. Smith
Washington Post

Conservative Valéry Giscard d'Estaing defeated Socialist François Mitterrand in an extremely close runoff election in France today.

Giscard won by a narrow margin of about 5,000 votes.

The election was one of the closest in French history.

Giscard's victory was a surprise to many observers.

Mitterrand's loss was a disappointment to his supporters.

The election results will have significant implications for France.

Giscard's victory is seen as a sign of conservatism.

Mitterrand's loss is seen as a sign of conservatism.

The election results will have significant implications for France.

Giscard's victory is seen as a sign of conservatism.



Valéry Giscard d'Estaing



François Mitterrand

FBI accuses Miss Hearst in store shootout

Associated Press

LOS ANGELES—The FBI today accused Miss Patricia Hearst of a shooting in a store in Los Angeles.

The FBI said that Miss Hearst was the shooter in the incident.

The FBI said that Miss Hearst was the shooter in the incident.

The FBI said that Miss Hearst was the shooter in the incident.

The FBI said that Miss Hearst was the shooter in the incident.



Patricia Hearst

Where Were You?

45 Years Ago

Ernest Simpson, a lady whose two earlier marriages have...